

FRONT & CENTER

Providing News to Our Veterans

March 2011



WE WANT YOU TO SUCCEED

Stress, anxiety, depression. Transitioning from military to civilian life can be one of the hardest things a service member goes through. Leonard Butler served in the United States Army from 1993-2006 and transitioning was very difficult for him. “The adjustment is

hard mentally because you’re used to doing things a certain way. The civilian world is so different for us after living a lifestyle that way for so long.”

Leonard had injuries over the years he never dealt with and he was dealing with emotional issues involving his relationships. He knew he needed to do something about it.

So, Leonard came to VA Butler Healthcare. “I went through the PTSD program, the Substance Abuse program, just everything.” Leonard came to the VA and stayed from May 3 to

August 13 in the Domiciliary. “From day one, you’re welcomed here. The staffing is phenomenal. Everyone is really professional and they understand what goes on.”

Today Leonard has a whole new attitude. “The program here has really made me solid as an oak. I can see where my future is going.” The programs were great for Leonard, but even more so were the people. “The people here really make this place alive and really make it what it is. You have people who want you to succeed as much as you want to succeed.

I’ve never been anywhere with a group of people who want you to succeed like you really know you need to.”

Leonard highly encourages other Veterans to go to the VA. “There is no problem that big going on in their life that they should be ashamed of. They should go seek help for whatever their problem is; it’s available for us because of what we do when we’re in that uniform.”

VA Butler Healthcare is here for you and we want to help. Give us a call at 800-362-8262 or stop by for a visit!

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THIS MONTH IN HISTORY...MARCH

- 1 President John F. Kennedy establishes the Peace Corps (1961)
- 3 Congress passes Civil War conscription act; an act during the Civil War that produces the first wartime draft of U.S. citizens (1863)
- 4 King Charles II of England grants a huge tract of land in the New World to William Penn to settle an outstanding debt...the area later becomes Pennsylvania (1681)
- 6 Fort Alamo falls to Mexican troops led by General Santa Anna. *Remember the Alamo* becomes a rallying cry for Texans who went on to defeat Santa Anna in the Battle of San Jacinto (1836)
- 7 The U.S. Army distinguished service medal is authorized (1918)



MARCH IS WOMEN'S HISTORY MONTH

VA Butler Healthcare is committed to honor and care for women Veterans and encourages all women Veterans to contact our Women Veteran Healthcare Program Coordinator at 800-362-8262, ext. 2756 or visit butler.va.gov.

We want to say a special thank you to the more than 200,000 women currently serving, and to all those that have served.





THANK YOU FOR YOUR SERVICE!

On March 19, 2003 President George W. Bush addressed the nation via live television and announced that Operation Iraqi Freedom had begun. Seven years later on September 1, 2010 the transition to

Operation New Dawn marked the official end to Operation Iraqi Freedom and combat operations by U.S. forces in Iraq.

VA Butler Healthcare is grateful to the men and women who risk their lives to fight terrorism in Iraq,

Afghanistan, and many other places around the world. We have developed special programs to serve our nation's newest Veterans.

Contact the OEF/OIF Program Coordinator at 800-362-8262, ext. 2493.

NATIONAL ANTHEM DAY

The flag flown over Fort McHenry during the bombardment by the British fleet in September 1814 is known as the *Star Spangled Banner*. Francis Scott Key saw this flag from his position about three miles out in the harbor and it inspired him to write what has since become our national anthem.

The U.S. adopted the *Star Spangled Banner* as its national anthem on March 3, 1931. Celebrate on March 3 by raising your American flag and being grateful for everything we have in this country thanks to the many brave men and women who serve in the armed forces every day.

We want to hear from you!
Email amanda.wilczynski@va.gov
or lauren.heiger@va.gov to share
your story with us!

MARCH IS NATIONAL NUTRITION MONTH

Summer is just around the corner (finally)! Celebrate National Nutrition Month by shedding the winter blues and that unwanted weight left over from the winter holidays.

Beginning in March 1973 as a week-long event, National Nutrition Week became a month-long observance in 1980 in response to growing public interest in nutrition. National Nutrition Month reminds us to eat right and exercise regularly. It is the time of year to remind us all just how important good nutrition is!

Not sure where to start? Attend VA Butler Healthcare's Nutrition Kitchen. VA Butler is one out of only six VA facilities nationwide to get a grant for a Nutrition Kitchen.



VA dietician Rachelle Lyons demonstrates how to cook healthier meals with the Nutrition Kitchen.

Chef Rachelle Lyons provides monthly demonstrations on healthy cooking to provide you a real world cooking education.

Nutrition Counseling is also available!
Nutrition and Food Services provides one-on-one counseling for Veterans referred by their Primary Care Provider.

EVENTS

3 March Podcast • VA Eligibility & Enrollment

Thursday, March 3 • 12-12:30 pm
Chat link: talkshoe.com/tc/85029
or Call in: 724-444-7444 (Call ID: 85029)

March Support Group Meetings

- ★ Thursday, March 3 • VIST
- ★ Every Thursday • Diabetes
- ★ Tuesday, March 1 and Tuesday, March 15 • Smoking Cessation
- ★ Monday, March 21 • Bereavement



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